

The Signature



BASE SERVICES IMPACT

— ◆ —
**PRT AND HAIR REGULATIONS
POLICY CHANGES**
— ◆ —

**ACTIVITIES FOR KIDS WHILE AT
HOME**

COVID-19 SPECIAL EDITION

Direct Line

NAS Sigonella Commanding Officer Capt. Kevin Pickard

Team Sigonella, During the virtual town hall yesterday, we talked about the likelihood of changing local guidance with respect to COVID-19, and within the last 24 hours, the guidance has changed. Last night, the governor of Sicily signed into effect additional restrictions that apply effective immediately. I will shortly release another email highlighting the specific changes directed by the government of Sicily. But I would first like to address the specific changes and guidance you will see here at NAS Sigonella.

Out of respect for our host nation and the region of Sicily, we are asking our community to follow the decree to the maximum extent possible. I understand this will further impact our lives, but I ask for your cooperation in the spirit of shared sacrifice and community. As American service members, we must continue to do our part and stand in solidarity with our Italian friends and neighbors.

First, let's address the new Sicilian decree and how it impacts life onboard NAS Sigonella. You should only be leaving your home for three reasons: to go to and from work, to take care of medical needs, or for a situation of necessity (purchasing food, gasoline, pet supplies, banking needs, post office, laundry, etc.). If you are off-base, failing to abide by these travel restrictions can result in criminal charges and a mandatory 14 day isolation imposed by Italian authorities.

Additionally, we ask that parents ensure that their children do not congregate at this time per the new guidance. Playgrounds, the skate park, the basketball courts, the soccer fields, and the gazebos are closed until further notice.

Regarding exercise around base, I can provide some clarity for you here. As a military force, in order to maintain mission readiness we will allow exercise on a limited basis.

- NAS II- There is no individual outdoor PT allowed.
- NAS I and Marinai - Men and

women to individually go for runs / walks on the base while adhering to social distancing.

These policies will be enforced. If our Security personnel approach you to remind you of our guidelines, please be polite and respectful. They are doing their jobs and protecting our community. If you have any questions, please send them in to the NAS Sigonella Facebook page or to me.

Next, I want to address our necessity of life stores. The Commissary is open and doing a great job. BZ to our Commissary team for implementing social distancing policies and for keeping the shelves stocked. The NEX is also doing a fantastic job, and will be respecting the Italian decrees by only selling essential items. These items include: Food/ Beverages (including wine/spirits/beer), tobacco, electronics, household appliances, hardware and automotive supplies, house hold cleaning and laundry products, stationary and craft supplies, books, magazines and other periodicals, pharmacies to include non-prescription medicines, medical and orthopedic items, health and beauty aids to include toiletries and personal hygiene products, pet supplies, fuel for domestic use and heating to include propane and charcoal, uniforms, sports nutrition and light home fitness needs.

The Sicilian decree will impact our NEX/Commissary since it requires all non-essential stores, including grocery stores, to close on Sundays. In order to align as closely as possible, our NEX and commissary, to include the NAS II mini-mart will be closed on Sunday. This will go into effect immediately, beginning Sunday, March 22. We have explored the possibility of opening our Commissary on Monday, but unfortunately in an effort to maintain minimum manning and ensure the shelves remain fully stocked, they will remain closed on Mondays.

Last point regarding the NEX and Commissary, the Sicilian decree specifically states that if you are driving to a necessity of life location that only one member of the family can make one trip per day. I understand there may be



extenuating circumstances, but I ask that you abide by the spirit of the decree to the maximum extent possible by sending one person to the store at a time. If your specific situation does not allow you to follow the decree, please keep your children close to you and respectful of social distancing requirements while conducting necessity of life business.

Remember, these restrictions have been put in place to slow the spread of the COVID-19 virus and they benefit Italy and our Sigonella community.

Please be patient as we balance respecting the Italian decrees with maintaining operational and mission readiness and the health and safety of all personnel and their families.

I understand some may have questions about this guidance so I ask that you continue to ask my team questions, whether through our official Facebook page or email. Thank you for your patience as we work around the clock to provide you with the most up-to-date answers and direction.

Although we are in extraordinary times which require extraordinary measures, I am immensely proud of each and every one of you. I fully recognize that none of this is easy.

Thank you for pulling together to keep our mission going. Please be kind to each other and try to stay positive as we work through this together.



Sicilian Region President

Contingent and urgent order No. 6 of 19.03.2020

Additional measures for the prevention and management of the epidemiological emergency from Covid-19

ORDER

Article 1

(Further urgent measures to contain the contagion)

1. Exits for essential purchases, with the exception of those for drugs, should be limited to one only once a day and to one member of the family.
2. It is forbidden to practice any physical or sport activity outdoors, even individually.
3. The movements with the affection animal, for its physiological needs, are allowed only near your home.

Article 2

(Hygiene measures in the municipal area)

1. Municipalities are obliged, if not yet disposed, to provide for the sanitization of streets of inhabited centers, buildings used for public offices and school buildings. For the execution of this service Municipalities also make use of the financial contribution from the Region Siciliana.
2. The use of public green areas and playgrounds is prohibited.

Article 3

(Trade and public transport measures)

1. Retail street vendors from others are barred from entering the municipal area Common.
2. Sunday closing of all currently authorized shops is arranged except for duty pharmacies and newsagents.
3. The Statutory Auditors, with their own Ordinance, may order reductions in the opening hours to the public of commercial establishments, with the exception of those authorized to sell food products and of pharmacies.
4. The use of entertainment and gaming equipment is prohibited in tobacconists' shops.
5. In urban public transport vehicles, passengers are allowed access to the maximum extent 40% of the approved seats and, in any case, ensuring compliance with the minimum distance of one meter among them. The space reserved for drivers of vehicles must be appropriately delimited.

Article 4

(Dedicated telephone line)

1. For communications relating to the management of the current epidemic, it is established at the Presidency a dedicated telephone line for the exclusive and personal use of the Mayors of the Island. The telephone number is notified with separate communication.

Failure to comply with the obligations under this Ordinance has the consequences sanctions provided for by art. 650 of the Criminal Code, if the fact does not constitute a more serious crime.

This Ordinance, which is valid until further notice, is published on the institutional website of the Sicilian Region. The publication has individual notification value, to all legal effects.

This order, for legal obligations, is sent to the President of the Council of Ministers, to the Minister of Health, to the Prefects, to the Municipalities.

A judicial appeal before the Administrative Court is allowed against this order Regional within sixty days of communication, or extraordinary appeal to the Chief of the State within one hundred twenty days.

This order will be published in the Official Gazette of the Sicilian Region.

President
MUSUMECI

PHOTO ON COVER IS FROM THE
KOAA (NEWS 5) WEBSITE

THE SIGNATURE

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This newspaper is an authorized publication for members of the military services overseas. Contents of The Signature are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense (DoD), or the U.S. Navy.

Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. **Editorial submissions** should be sent to the Public Affairs Office via *thesig@eu.navy.mil*. All articles submitted by non-staff members will be considered contributing writers.

Breaking News



The Spring Physical Fitness Assessment

(PRT & BCA)

is

SUSPENDED

NAVADMIN 071/20



TEMPORARY RELAXATION OF HAIR GROOMING STANDARDS IN RESPONSE TO CORONAVIRUS OUTBREAK

NAVADMIN 073/20

U.S. NAVY UNIFORM REGULATIONS

1. This NAVADMIN announces the temporary relaxation of male and female hair length grooming standards to minimize Sailors' exposure to COVID-19 and adhere to social distancing requirements.

2. Due to COVID-19 force health protection measures maximizing social distancing, commanding officers (CO) are authorized to relax the Navy hair length grooming standards outlined in reference (a) for Sailors assigned to their command. Relaxed hair length grooming standards will only apply to the area of the scalp. Reference (a) policy guidance regarding sideburns, hairstyles and shaving requirements remain in effect. COs may allow for additional hair length and bulk on the sides, top and back of the head, but at no time will relaxed grooming interfere with the proper wearing of Navy headgear and proper use of protective personal equipment (helmets, masks, hoods, etc.). Good judgment of leaders at all levels of the chain of command is required to ensure all possible COVID-19 force health protection precautions are being taken.

3. Feedback and recommendations regarding uniform policy, uniform components and uniform availability are welcome and can be provided via MyNavy Portal at <https://www.mnp.navy.mil/>, select Professional Resources, U.S. Navy Uniforms and *Ask The Chiefs.* Feedback can also be provided via the MyNavy UNIFORMS App.

4. Released by Vice Admiral John B. Nowell, Jr, N1./



EURAFCENT@Home



So you've caught up on all your TV shows, binge watched some new shows and even cleaned out your closets. **Now what?**

EURAFCENT@Home helps make your time at home more enjoyable and productive.

LIBRARY@HOME

- Explore the Navy MWR Digital Library

FITNESS@HOME

- Complete a fitness challenge

KIDS@HOME

- Get a tutor to help with homework
- Find a fun arts-and-crafts project to create

TOURS@HOME

- Take a virtual tour of some of Europe's amazing museums and cultural sites

COOKING@HOME

- Try a new recipe

HEALTH@HOME

- Information on how to talk with your kids about COVID-19
- Points of contact if you need to talk with a professional about your mental health

To access information, go to www.navymwrnaples.com/eurafcent-home.







Information will be added, so return to the page for new things to do, fun projects and resources.



Have an idea to add? Please email the description and Web link to mwrnaples_marketing@eu.navy.mil for consideration.

BASE SERVICES

PLEASE CHECK THE NAS SIGONELLA FACEBOOK PAGE AND ALL HANDS E-MAILS FOR UPDATES AND CHANGES.

- | | |
|---|--|
|  American Red Cross
+39 095-56-4900 |  DoD Schools
+39 095-56-4406 (Elementary)
+39 095-56-4281 (Middle/High) |
|  Auto Skills
+39 095-56-5244 |  Fleet and Family Services
+39 095-56-4291 |
|  Autoport
+39 095-56-2814 |  Food Court/ Eateries
Big Al's is available for delivery.
+39 957-84-8308/ +39 331-00-8520 |
|  Barber/ Beauty Shop
+39 095-56-4234 (NAS 1)
+39 095-56-5244 (NAS 2) |  Galley (To Go ONLY)
+39 095-56-2061/5739/2585 |
|  CDC/CYP
+39 095-56-3736 (CDC)
+39 095-56-3712 (YC)
+39 095-56-1750/1747 (Marinai YC) |  Gym Services
+39 095-56-4483 (NAS 1)
+39 095-56-5243 (NAS 2) |
|  Commissary
+39 095-56-3880/3777
1000-1800, closed on Sun. & Mon. |  Housing/Resident Services
+39 095-56-4311 |
|  Community Bank
+39 095-56-9811 (NAS 1)
+39 095-56-9331 (NAS 2) |  HRO
+39 095-56-4177/4175/4184 |
|  US Naval Hospital Sigonella
+39 095-56-3842 (NAS 1 Quarterdeck)
+39 095-56-5455 (NAS 2 Quarterdeck) |  Leave/Liberty/Travel |
| |  Legal
+39 095-56-5258 |
| |  MVRO
+39 095-56-5275/6171 |











LEGEND





OPEN



CALL AHEAD

-  **MWR**
+39 095-56-3968
-  **Navy Federal Credit Union**
+39 095-56-2314 (General Info)
00-800-0-842-6328 (Account Info)
0900-1500, starting Mar. 23
-  **N6/IT**
+39 095-56-5555
-  **Navy College**
+39 095-56-4517/4514
Contact your school representative via
e-mail or Facebook
-  **NEX/Mini-NEX**
+39 095-56-278/4541 (NEX)
+39 095-56-5423 (Mini-NEX)
Main NEX, 1000-1800, closed Sun.
Mini-NEX (starting March 23), 0900-
1900, closed Sun.
-  **NMCRS**
+39 335-130-5137
-  **PCS/TAD**
-  **Personal Property (HHG)**
+39 095-56-9440/9441/9270
-  **Post Office**
+39 095-56-4477 (NAS 1)
+39 095-56-5915 (NAS 2)
-  **Red Cross**

-  **Religious Services**
+39 095-56-3975
NAS Sigonella Chapel Facebook
-  **Safety**
+39 095-56-5630
-  **Theater/Bowling Alley**
+39 095-56-3968
-  **USO**
+39 095-56-6377
-  **Vet Services**
+39 095-56-4258

For any services not
listed please contact that
services' office directly.

Phone numbers not
listed can be found in the
Benvenuti Welcome to
Sigonella guide.

[https://epub.stripes.
com/?issue=Wel-
come-to-Sigonella_210220](https://epub.stripes.com/?issue=Wel-come-to-Sigonella_210220)

**TALK TO CHAIN OF COMMAND**



Center for the Study of Traumatic Stress

CSTS | Department of Psychiatry | Uniformed Services University | 4301 Jones Bridge Road, Bethesda, MD 20814-4799 | www.CSTSONline.org

SUSTAINING THE WELL-BEING OF HEALTHCARE PERSONNEL DURING CORONAVIRUS AND OTHER INFECTIOUS DISEASE OUTBREAKS

The extreme stress, uncertainty, and often difficult medical nature of global infectious disease outbreaks, such as Coronavirus (COVID-19), require special attention to the needs of healthcare personnel. Taking care of yourself and encouraging others to practice self-care sustains the ability to care for those in need.

Taking care of yourself and encouraging others to practice self-care sustains the ability to care for those in need.

time or are taking time to enjoy themselves when so many others are suffering. Recognize that taking appropriate rest leads to proper care of patients after your break.

Challenges for Healthcare Personnel During Infectious Disease Outbreaks

- **Surge in care demands.** Many more people present for care, while increased healthcare personnel are sick or caring for family.
- **Ongoing risk of infection.** Increased risk of contracting dreaded illness and passing it along to family, friends, and others at work.
- **Equipment challenges.** Equipment can be uncomfortable, limit mobility and communication, and be of uncertain benefit; shortages occur as a result of increased, and sometimes unnecessary, use.
- **Providing support as well as medical care.** Patient distress can be increasingly difficult for healthcare personnel to manage;
- **Psychological stress in the outbreak settings.** Helping those in need can be rewarding, but also difficult as workers may experience fear, grief, frustration, guilt, insomnia, and exhaustion.

Strategies for Sustaining Healthcare Personnel Well-Being

- **Meet Basic Needs.** Be sure to eat, drink and sleep regularly. Becoming biologically deprived puts you at risk and may also compromise your ability to care for patients.
- **Take Breaks.** Give yourself a rest from tending to patients. Whenever possible, allow yourself to do something unrelated to work that you find comforting, fun or relaxing. Taking a walk, listening to music, reading a book, or talking with a friend can help. Some people may feel guilty if they are not working full-

- **Connect with Colleagues.** Talk to your colleagues and receive support from one another. Infectious outbreaks can isolate people in fear and anxiety. Tell your story and listen to others'.
- **Communicate Constructively.** Communicate with colleagues clearly and in an optimistic manner. Identify mistakes or deficiencies in a constructive manner and correct them. Complement each other—compliments can be powerful motivators and stress moderators. Share your frustrations and your solutions. Problem solving is a professional skill that often provides a feeling of accomplishment even for small problems.
- **Contact Family.** Contact your loved ones, if possible. They are an anchor of support outside the healthcare system. Sharing and staying connected may help them better support you.
- **Respect Differences.** Some people need to talk while others need to be alone. Recognize and respect these differences in yourself, your patients and your colleagues.
- **Stay Updated.** Rely on trusted sources of information. Participate in meetings to stay informed of the situation, plans and events.
- **Limit Media Exposure.** Graphic imagery and worrisome messages will increase your stress and may reduce your effectiveness and overall wellbeing.
- **Self Check-Ins.** Monitor yourself over time for any symptoms of depression or stress disorder: prolonged sadness, difficulty sleeping, intrusive memories, hopelessness. Talk to a peer, supervisor, or seek professional help if needed.
- **Honor Your Service.** Remind yourself that despite obstacles or frustrations, you are fulfilling a noble calling—taking care of those most in need. Recognize your colleagues—either formally or informally—for their service.

HELPING HOMEBOUND CHILDREN DURING THE COVID-19 OUTBREAK

Emergency measures, such as requiring that children remain at home are critical methods to limit the spread of infection from the coronavirus (COVID-19) outbreak. Despite its positive public health benefits, for an individual child, being homebound can serve as an opportunity to spend time with family, but also can result in insufficient physical activity, irregular sleep patterns, weight gain, and decreased fitness. As many parents know, boredom and frustration are common during time required

The lifestyle changes may also contribute to social isolation from peers and teachers, anxiety, and tension among family members due to a lack of personal space at home.

to be home and inside. The lifestyle changes may also contribute to social isolation from peers and teachers, anxiety, and tension among family members due to a lack of personal space at home. Importantly, public fear about COVID-19 that stigmatizes and scapegoats specific populations can further increase a child's

and family's sense of isolation. Clinicians and parents can consider the following approaches to better manage homebound periods for children and families.

Support the Family Structure while Homebound

To prepare, families can develop plans of action together. When appropriate, include children in the family planning and preventive behaviors to help support their sense of agency and control.

- Plan physical activities that can be done while homebound
- Maintain a healthy diet, good sleeping habits, and proper hygiene practices (e.g., regularly washing hands, covering mouths when coughing and sneezing, avoiding contact with face).
- Maintain routines related to bedtimes, meals, and exercise.
- Ensure basic supplies (e.g., food, water, soap, first aid provisions) and medications are readily available while homebound.
- Encourage children's participation in household chores to facilitate their sense of accomplishment.
- Plan enjoyable family activities, such as games, movies, and exercise.
- Maintain a positive mood.
- Practice patience and tolerance, which can be difficult during this time and model healthy habits for the entire household.
- Engage in relaxation techniques to reduce stress.
- Avoid increased use of alcohol or tobacco.
- If a usual family activity, consider attending religious services online.

Communicate Openly

During times of uncertainty, open communication is critical to helping children feel safe and secure.

- Stay informed.
- Explain COVID-19 and the purpose of being homebound in an age-appropriate and positive manner to children. Parents must gauge what their children can understand.

- Create an environment where children feel comfortable expressing their concerns and asking questions.
- Remind children that being homebound is temporary.
- Promote children's sense of goodness, or "altruism", by explaining that being homebound helps to keep other members of their community safe.
- Reassure children they will receive appropriate medical care if they become ill.
- Check in with children frequently to address newly emerging fears and misconceptions.
- Limit and closely monitor children's use of media to reduce potential confusion, worry, and fear.
- Address misconceptions regarding stigma. For example, avoid terms other than "coronavirus," such as "Chinese virus," as these increase stigma and perpetuate misconceptions about the disease.
- Clarify what is known and what is unknown to prevent the spread of misinformation.

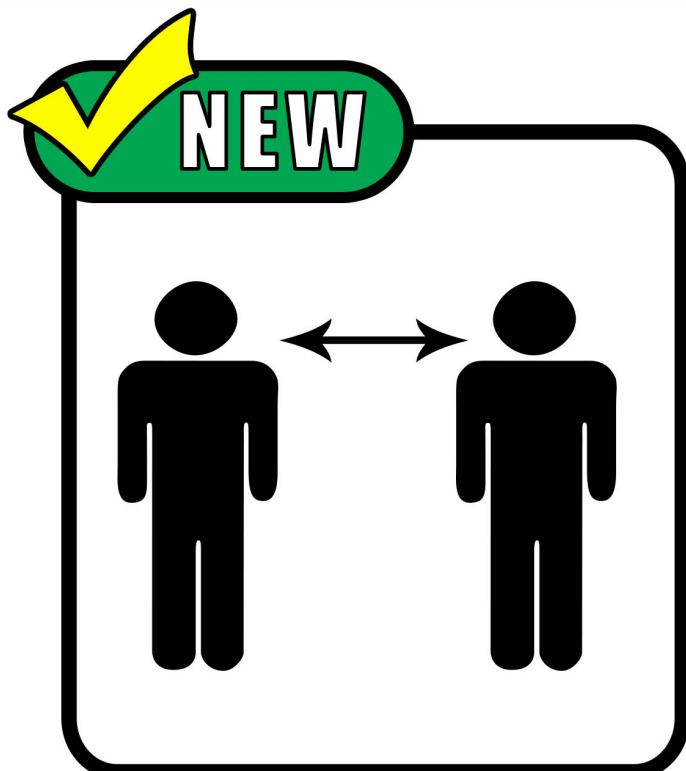
Connect to Helpful Support

During periods of physical isolation, connect to important sources of social support to help alleviate stress. Families may also benefit from services provided by local community organizations and mental health professionals.

- Develop plans for maintaining children's connections to friends and other family members via phone and/or internet.
- Ensure your child's medical team is involved to help monitor any pre-existing conditions.
- Utilize available homeschool or distance learning opportunities that combine the educational needs of children with their physical and mental health needs.
- Contact a mental health professional if you notice signs of anxiety and depression in children including changes in appetite, sleep disruptions, aggression, irritability, and fears of being alone or withdrawn.

NAVAL AIR STATION SIGONELLA

PROTECT YOURSELF AND OTHERS



SOCIAL DISTANCING

Keep your distance:

For example:

- Avoid large gatherings/crowds
- Keep your distance from others in a queue.
- Keep your distance at meetings
- * The recommended distance is 2 meters (6 feet)

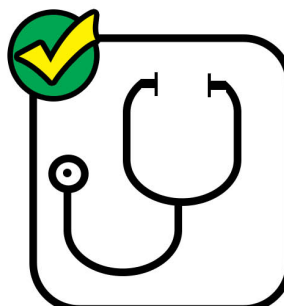
STILL IMPORTANT:



- Wash your hands thoroughly.
- Best practice is to wash hands for at least 20 seconds.



- Cough and sneeze into a tissue or the crook of your arm.
- Throw away the tissue immediately after use.



- Always call ahead before going to the hospital.



- Stay at home if you are feeling sick, especially if you have the following symptoms:

- * High temperature
- * Cough
- * Respiratory issues



AVOID SHAKING HANDS

MORE INFO:

[WWW.FACEBOOK.COM/NASSIGONELLA](https://www.facebook.com/nassigonella)

IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY CALL:

- **911** (ON BASE)
- **095-86-1911** (OFF BASE)

IF YOU ARE FEELING ILL WITH SYMPTOMS OF CORONAVIRUS PLEASE CONTACT NAS SIGONELLA DISPATCH AT:

- **624-5225** (ON BASE)
- **095-86-5225** (OFF BASE)

IF YOU HAVE QUESTIONS REGARDING CORONAVIRUS, CALL THE NASSIG HOSPITAL INFORMATIONAL PHONE LINE:

- **314-624-7475** OR **624-7475** (ON BASE)
- **095-56-7475** (OFF BASE)

Il sottoscritto _____ nato il _____ a _____
 residente in _____ via _____
 identificato mezzo _____ nr. _____, rilasciato/a _____
 il _____, utenza telefonica _____, consapevole delle conseguenze
 penali previste in caso di dichiarazioni mendaci a pubblico ufficiale (art 495 c.p.)

DICHIARA SOTTO LA PROPRIA RESPONSABILITÀ

- di essere a conoscenza delle misure di contenimento del contagio di cui al combinato disposto dell'art. 1 del Decreto del Presidente del Consiglio dei Ministri 8 marzo 2020 e dell'art. 1, comma 1, del Decreto del Presidente del Consiglio dei Ministri del 9 marzo 2020 concernenti lo spostamento delle persone fisiche all'interno di tutto il territorio nazionale;
- di non essere sottoposto alla misura della quarantena e di non essere risultato positivo al virus COVID-19 di cui all'articolo 1, comma 1, lettera c), del Decreto del Presidente del Consiglio dei Ministri dell' 8 marzo 2020;
- di essere a conoscenza delle sanzioni previste, dal combinato disposto dell'art. 3, comma 4, del D.L. 23 febbraio 2020, n. 6 e dell'art. 4, comma 2, del Decreto del Presidente del Consiglio dei Ministri dell' 8 marzo 2020 in caso di inottemperanza delle predette misure di contenimento (art. 650 c.p. salvo che il fatto non costituisca

più grave reato);

che lo spostamento è determinato da:

- ☐ comprovate esigenze lavorative
- ☐ situazioni di necessità;
- ☐ motivi di salute;
- ☐ rientro presso il proprio domicilio, abitazione o residenza.

A questo riguardo, dichiara che:

(LAVORO PRESSO ..., STO RIENTRANDO AL MIO DOMICILIO SITO IN....., DEVO EFFETTUARE UNA VISITA MEDICA... ALTRI MOTIVI PARTICOLARI.ETC...)

Data, ora e luogo del controllo

Firma del dichiarante

L'Operatore di Polizia

Il sottoscritto _____ [YOUR NAME HERE] nato il _____ a _____
 [PLACE OF BIRTH] residente in _____ [TOWN OF RESIDENCE] via _____ [STREET ADDRESS]
 identificato a mezzo _____ [ID TYPE, E.G., PASSPORT] nr. _____ [ID NUMBER], rilasciato/a _____
 il _____ [DATE ID ISSUED], utenza telefonica _____ [TELEPHONE NUMBER], consapevole delle conseguenze
 penali previste in caso di dichiarazioni mendaci a pubblico ufficiale (art 495 c.p.)

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più grave reato);

che lo spostamento è determinato da:

IECK APPLICABLE SITUATION]

- ☐ comprovate esigenze lavorative [PROVEN WORK REQQS]
- ☐ situazioni di necessità; [SITUATION OF NECESSITY]
- ☐ motivi di salute; [HEALTH REASONS]
- ☐ rientro presso il proprio domicilio, abitazione o residenza. [RETURNING HOME]

A questo riguardo, dichiara che: THE REASON FOR YOUR TRAVEL (SEE INFORMATION SHEET):

"Sto andando a comprare cibo" (I am going to buy food)
 "Vado a prendere le medicine alla base USA di Grigignano" (I go to pick up medicines at the U.S. base of Grigignano [or other base])
 "Sto andando a comprare beni di prima necessità" (I am going to buy necessities)
 "Sto andando dal medico" (I am going to the doctor's)
 "Sto andando in farmacia" (I am going to the pharmacy)

(LAVORO PRESSO ..., STO RIENTRANDO AL MIO DOMICILIO SITO IN....., DEVO EFFETTUARE UNA VISITA MEDICA... ALTRI MOTIVI PARTICOLARI.ETC...)

Data, ora e luogo del controllo

[LEAVE BLANK]

Firma del dichiarante

[YOUR SIGNATURE]

L'Operatore di Polizia

[LEAVE BLANK]

TRAVEL FORM



Remote Options for Support:

- **Military One Source:**
<https://www.militaryonesource.mil/> or 800-342-9647 (non-medical counseling via phone/website chat/video ZOOM)
- **SAMHSA Disaster Distress Helpline:** Get support regarding your anxiety or stress by speaking to a trained counselor at 1-800-985-5990 or by texting TalkWithUS 66746.
- **Veterans Crisis Line:** 800-273-TALK (8255) or <https://veteranscrisisline.net> Text 838255

Your Wellbeing during the COVID-19 Outbreak

You might be worried about Coronavirus (also known as COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people through social distancing measures.

This might feel difficult or stressful, but there are many things you can do that could help your wellbeing.

- Maintain a daily routine. This may look different depending on your status - working from home, on quarantine, change in work shift.
- Focus on things you can control instead of those you cannot – your thoughts and behaviors.
- Eat healthy meals.
- Practice good sleep habits - get out of bed during the day, avoid naps, minimize caffeine and alcohol
- Do things you enjoy - learn something - language, an interesting topic, an instrument, art, write, read.
- Stay physically active - consider workouts at home.
- Turn to reputable sources for your news.
- Limit how often you check the latest news – choose to spend more time doing positive activities.
- Feeling too isolated? Maintain digital connections with people.
- Evaluate your own health behaviors and be a model for others.

WEB RESOURCES

- **Looking after your mental health during the Coronavirus outbreak**
<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- **Parent/Caregiver Guide to Helping Families Cope with COVID-19**
https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf



World Health
Organization

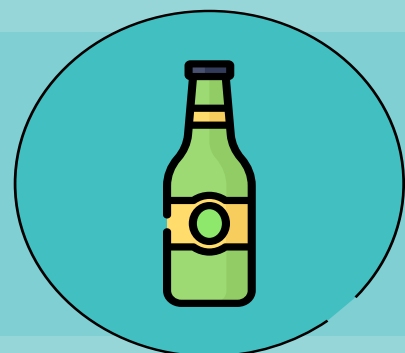
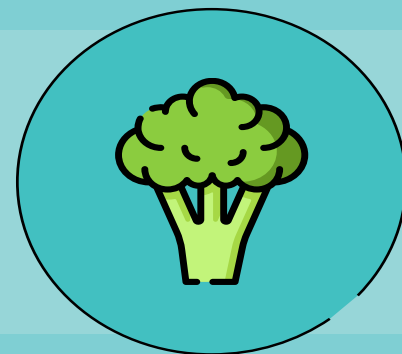
Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

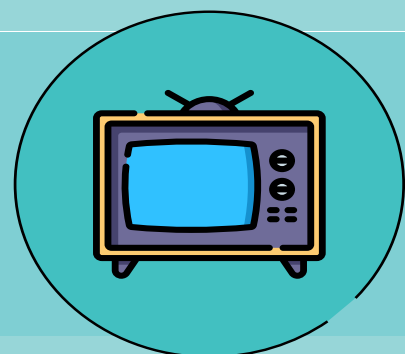
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

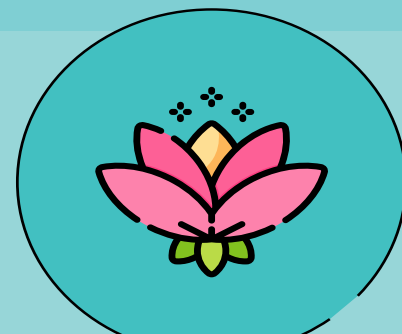
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



TEAR-AND-SHARE PEPPERONI PIZZA ROLLS

PREPARE INGREDIENTS

Vegetable oil spray
1 pound pizza dough, room temperature
24 slices pepperoni
1 cup shredded mozzarella cheese (4 ounces)
1 tablespoon extra-virgin olive oil
1 garlic clove, minced
1/4 cup grated parmesan cheese (1/2 ounce)
1 cup pizza sauce, warmed

GATHER BAKING EQUIPMENT

8-inch round piece of parchment paper
8-inch round metal cake pan
Small microwave-safe bowl
Bench scraper (or kitchen shears)
Plastic wrap
1-tablespoon measuring spoon

Ruler
Pastry brush
Oven mitts
Cooling rack
Butter knife

SAFETY

Uses a knife Uses the oven
Uses the microwave

DIFFICULTY Advanced

TIME 1 3/4 hours, plus 45 minutes to 1 hour rising time, plus 25 minutes cooling time (plus) time to make pizza dough, if making)

YIELD Makes 12 rolls

STEPS

- 1** Adjust oven rack to lowest position and heat oven to 400 degrees. Place parchment paper round in bottom of 8-inch round metal cake pan. Spray inside bottom and sides of pan lightly with vegetable oil spray.

2 Spray clean counter lightly with vegetable oil spray. Transfer room-temperature dough to greased counter. Gently press and stretch dough into 6-inch square, popping any large bubbles. Use bench scraper to cut square into 12 equal pieces. Cover dough pieces with plastic wrap.

3 Remove 1 piece of dough from under plastic (keep remaining pieces covered). Shape, fill, and form 1 roll with pepperoni and mozzarella cheese. Flip dough ball over and place in parchment-lined cake pan. Repeat with remaining dough pieces, pepperoni, and mozzarella cheese.
- 4** Cover cake pan with plastic and let rise until dough balls are slightly puffed and touching each other, 45 minutes to 1 hour.

5 Meanwhile, in small microwave-safe bowl, combine oil and garlic. Heat in microwave until warm and garlic is fragrant, 15 to 30 seconds.

6 Once dough has risen, remove plastic. Use pastry brush to paint tops of dough balls with garlic oil. Sprinkle evenly with Parmesan cheese.

7 Place cake pan in oven and bake until tops of rolls are well browned, 30 to 35 minutes.

8 Use oven mitts to remove cake pan from oven (ask an adult for help). Place pan on cooling rack and let rolls cool in pan for 15 minutes.

9 Carefully run butter knife around edge of cake pan to loosen rolls from pan (pan will be hot). Use oven mitts to carefully turn pan on its side and remove rolls from pan. Let rolls cool directly on cooling rack for 10 minutes. (This is a great time to warm up your pizza sauce.) Serve with warm pizza sauce for dipping.



Pat 1 piece of dough into 3-inch circle. Place 1 slice pepperoni in center of circle. Top pepperoni with heaping 1 tablespoon shredded mozzarella cheese and second slice pepperoni.



Fold edges of dough up and over filling and pinch edges well to close. Flip ball over and place in parchment-lined cake pan.

<https://www.americatestkitchen/kids/recipes>

THE PRESIDENT'S CORONAVIRUS GUIDELINES FOR AMERICA

15 DAYS TO SLOW THE SPREAD

- Listen to and follow the directions of your **STATE AND LOCAL AUTHORITIES**.
- IF YOU FEEL SICK**, stay home. Do not go to work. Contact your medical provider.
- IF YOUR CHILDREN ARE SICK**, keep them at home. Do not send them to school. Contact your medical provider.
- IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE** for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.
- IF YOU ARE AN OLDER PERSON**, stay home and away from other people.
- IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION** that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



For more information, please visit
CORONAVIRUS.GOV

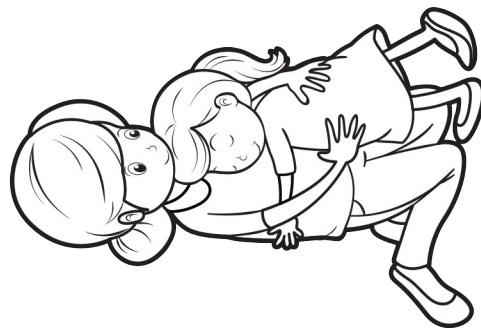
WORD SCRAMBLE

Use this workbook to help you feel better whenever you need it. Talk with your parents about how you feel. And always remember, what happened is not your fault!



Can you unscramble the words below?

EBHRTAE	_____	INSG	_____
OROLC	_____	LISME	_____
CDANE	_____	AKLT	_____
RADW	_____		
IFENLSEG	_____		
PLHE	_____		
SGHU	_____		
SLETIN	_____		
PYAL	_____		
EDAR	_____		
SERT	_____		



Answers: breathe, color, dance, draw, feelings, help, hugs, listen, play, read, rest, sing, smile, talk

CS287347-A

HOW THE MADE ME FEEL

Good and bad things happen. It's okay if you feel sad, mad, happy or confused. Grown-ups sometimes feel this way, too.



How do you feel right now? Circle the face that matches how you're feeling. If none of those are right, fill in the blank face to show how you're feeling instead.



Fold Here

Do something fun to help you feel better. You can dance, listen to music, tell a story, play with toys, read, draw, or color! If it's safe and your parents say it's okay.



What do you like to do for fun? Color in your favorite activities. If your favorite fun activity is missing, draw it in!



Fold Here

CONNECT THE DOTS

If you still don't feel better, imagine you are blowing up a balloon. Breathe in slowly and then try to blow your balloon as big as it can be in one breath. Repeat two more times.

Connect the dots to reveal the picture!

